



FITNESS CENTERS

CACTUS AQUATIC AND FITNESS CENTER

This facility offers strength training, general conditioning, athletic training, toning and much more! Do you need help developing a fitness program that is specific to your needs? Staff will work with you to develop your own personal fitness program. All participants are required to wear closed toed shoes and bring a towel to work out. Participants must be 18 year of age or older to participate. A signed waiver, (parent or guardian) is required for youth, ages 16 and 17 years of age. 14 and 15 years of age only allowed, when accompanied by an adult. No one 13 and under is permitted in the Fitness Center at any time. For additional guidelines and/or rules, see front office staff.

CACTUS FITNESS CENTER HOURS

Monday – Friday 6:00 a.m. – 8:00 p.m.

(10:00 a.m. – 3:00 p.m. are not staffed)

Saturday – Sunday: 10:00 a.m. – 6:00 p.m.

ENTRANCE FEES: Resident \$2:00, Non-Resident \$3.00

PUNCH PASSES:

Resident Rate: 10 visits for \$30.00, 30 visits for \$60.00

Non-Resident Rate: 10 visits for \$30.00, 30 visits for \$90.00

Patrons must check-in one-hour prior to close, if they intend to exercise for the last hour of the day.

CACTUS AEROBIC CLASS FEES:

	RESIDENT	NON-RESIDENT
1-Hour Class Drop-in	\$3.00/Class	\$4.50/Class
1-Hour/10 Class Pass	\$30.00	\$45.00
1-Hour/30 Class Pass	\$90.00	\$135.00
1.5-Hour Class Drop-in	\$4.50/Class	\$6.75/Class
1.5-Hour/10 Class Pass	\$45.00	\$67.50
1.5-Hour/30 Class Pass	\$135.00	\$202.50

ELDORADO AQUATIC AND FITNESS CENTER

This facility offers a variety of cardio machines, weight machines and free weights for an all around workout! Participants must be 15 years of age to participate. A signed waiver by a parent or guardian is required for youth, ages 13 to 14 years of age. Under 13 years of age not allowed in the fitness center.

ELDORADO FITNESS CENTER HOURS:

Monday – Friday: 6:00am to 8:00pm

Saturday – Sunday: 1:00pm to 5:00pm

ENTRANCE FEES: Resident: \$2.00, Non-Resident: \$3.00

ADULT PUNCH PASSES:

Resident Rate: 10 visits for \$20.00, 30 visits for \$60.00

Non-Resident Rate: 10 visits for \$30.00, 30 visits for \$90.00

MCDOWELL MOUNTAIN RANCH PARK FITNESS CENTER

This facility offers a variety of cardio machines, weight machines and free weights for an all around workout! Participants must be 15 years of age to participate. A signed waiver by a parent or guardian is required for youth, ages 13 to 14 years of age. Under 13 years of age not allowed in the fitness center. All participants are required to wear closed toed shoes and bring a towel to work out. Patrons must check-in one-hour prior to close if they intend to exercise for the last hour of the day. Optional \$25 key can be purchased at the front desk. The key is a computer chip that monitors your sets and repetitions, can store all your information to assist in the development of programs and progress.

MCDOWELL MTN. FITNESS CENTER HOURS:

Monday, Wednesday, Friday: 6:00am-9:00am, 12:00pm-8:00pm*

Tuesday and Thursday: 6:00am to 8:00pm

Saturday and Sunday: 10:00am to 6:00pm

**Scottsdale Health Care courses being conducted*

ENTRANCE FEES: Resident: \$2.00, Non-Resident: \$3.00

PUNCH PASSES:

Resident rate: 10 visits for \$20.00 and 30 visits for \$60.00

Non-Resident rate: 10 visits for \$30.00 and 30 visits for \$90.00

CLUB SAR

4415 N. Hayden Rd, Scottsdale, AZ 85251 • 480-312-2669

Club Sar is the City of Scottsdale's Parks and Recreation Division multi-sports instructional program offering classes in boxing, kickboxing, aerobics and circuit weight training. The gym includes a complete line of free weights, cardiovascular treadmills, bikes, stairclimbers, rowers, single station weight machines, and full court basketball. Participants in the Club SAR facility must register on a yearly basis. Membership involves a \$75 registration fee for resident adults and \$40 for resident youths under 18. Non-resident fees are \$105 for adults and \$55 for youths under 18.

CLUB SAR FITNESS CENTER HOURS:

Mon-Fri 6am-9pm, Saturday 12-5pm, Closed Sunday

Spinning	5:30 – 6pm	M – Th
Weight Orientation	5:30 – 6pm	Tu & Th
Kickboxing Cardio	6 – 7pm	M – Th
Boxing Cardio	6 – 7pm	M – Th
Boxing Instruction	4 – 5:30pm	M – F
Yoga & Jiu Jitsu	(Call SAR for information)	



ADULT SPORTS

ADULT COED KICKBALL

League Coordinator: Sam Kelly, 480-312-0227
Registration: Tue. & Wed., Dec. 12th & 13th, 4-7 p.m.
Location: Chaparral Park, Adult Sports Office,
 5401 N. Hayden (Jackrabbit & Hayden)
Dates: Tue/Thur Jan. 9th thru March 1st.
Format: Round Robin League Play
 Single Elimination Tournament
Fee: \$210/Team

WINTER 4 ON 4 BASKETBALL

League Coordinator: Tim Nisbet, 480-312-7936
Registration: Tue. & Wed., Dec. 12th & 13th, 4-7 p.m.
Location: Chaparral Park, Adult Sports Office,
 5401 N. Hayden (Jackrabbit & Hayden)
Dates: Sundays, January 7th through March 18th
Format: 10 League Games/Double Elimination Tournament
Fee: \$210/Team

FALL SLOW PITCH SOFTBALL

(MENS & COED)

League Coordinator: Tim Nisbet, 480-312-7936
Registration: Tue. & Wed., Dec. 12th & 13th, 4-7 p.m.
Location: Chaparral Park, Adult Sports Office,
 5401 N. Hayden (Jackrabbit & Hayden)
Dates: Mon. thru Fri., Jan 8th thru March 2nd
Format: 14 League Games/Single Elimination Tournament
Fee: \$475/Mens; \$390/Coed

SOFTBALL REGISTRATION INFORMATION

For all softball league registrants an additional \$20 A.S.A. fee is required for all non—ASA registered teams. Separate checks must be made payable to the Amateur Softball Association. For all sports league registrants please come to registration prepared with a team roster (complete with player names, home addresses, day phones) and a league fee check payable to the City of Scottsdale. VISA, MASTERCARD or AMEX are also accepted. Registration will not be accepted without completed roster information and payment for the correct amount. Failure to comply with any or all terms of registration will result in team elimination!

For more information call the Sports Office at 480- 312-0227.

Visit our web site at www.Scottsdaleaz.gov

SOFTBALL LEAGUE REGISTRATION CODES

List up to three league numbers on your registration form as your order of preference for days, locations and skill levels. The Adult Sports office reserves the right to place your team in an alternate league based on registration numbers or team ability. Due to our team-limiting policies your initial registration does not guarantee your entry into our league. Final league placement determinations will be made after open registration is complete.

COED SOFTBALL LEAGUES			
CODE	LEAGUE LEVEL	DAY	LOCATION
57788	Coed Super B	M	Chaparral
57789	Coed B National	T	Chaparral
57790	Coed B American	W	Chaparral
57791	Coed B Continental	Th	Chaparral
57792	Coed B American	T	Horizon
57793	Coed B National	Th	Horizon
57794	Coed Open B	F	Chaparral/Eldorado
57795	Coed C	F	Chaparral
MEN'S SOFTBALL LEAGUES			
CODE	LEAGUE LEVEL	DAY	LOCATION
57796	Men's B American	M	Horizon
57797	Men's B National	M	Horizon
57798	Men's Super B	T	Horizon
57799	Men's B United	W	Horizon
57800	Men's B Continental	W	Horizon
57801	Men's Super C	Th	Horizon
57802	Men's Open B	F	Horizon
57803	Men's Super B	M	Eldorado/Yavapai
57804	Men's B National	T	Eldorado/Yavapai
57805	Men's B American	W	Eldorado/Yavapai
57806	Men's B United	Th	Eldorado/Yavapai
57807	Men's Super C	M	Chaparral/Eldorado
57808	Men's C National	T	Chaparral/Eldorado
57809	Men's C American	W	Chaparral/Eldorado
57810	Men's C United	Th	Chaparral/Eldorado